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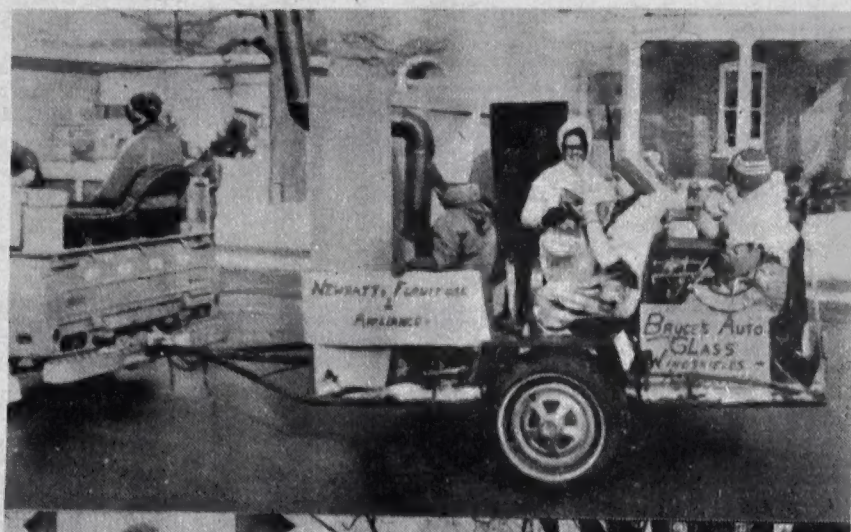
MINDEN

Vol. 2, Number 8

Minden, Ontario, Wednesday, March 1, 1978

15c

Haliburton Rotary Carnival weekend wrap-up



ATTENTION HOUSEHOLDERS

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Official Opening

Larry Medley saw his second "Medley's Pizza" officially open its doors in Haliburton beside Mike's Milk last Friday afternoon. Shown above is Tom Roberts, waiting for the first customers to come in and order one of the delicious pizza's available. Mr. Medley also operates a pizzeria in Minden.

Slight decrease in '77 crime

Commissioner H. H. Graham of the Ontario Provincial Police is pleased to report that there was a slight decrease in crime within O.P.P. jurisdiction for the year 1977.

In recent years, crime has increased at the rate of 10% per year. A downward trend was evident in 1976 when criminal offences increased by less than 1%.

This reduction may in part be attributed to the excellent cooperation and assistance our officers received from the public and the media. Also, a concerted participative detachment planning programme has been implemented. Field members study local trends in criminal activity and develop methods of manpower deployment to effectively cope with problems in high crime areas.

There were 30 murders in 1977 compared with 42 in the previous year. Twenty-four attempted murders were investigated, an increase of five over the 1976 figures.

Traffic accidents increased on highways patrolled by the O.P.P. during 1977. The total was 75,846 compared to 73,461 in 1976. Although the number of accidents increased, there were 94 fewer people killed in 1977.

Personal injury accidents increased by 7% during the same period and 33,080 persons were injured.

During 1977, 254,971 drivers received summonses for speeding violations from O.P.P. personnel and 30,568 charges were preferred for seat belt violations.

Legislation and enforcement alone will not reduce accidents on our highways; lower speed limits and the mandatory wearing of seat belts will save many from serious injury or death. The most positive way to attack the problem of traffic accidents is for everyone to be attentive, considerate and drive defensively. O.P.P. officers will continue to do their part by concentrating on selective enforcement of traffic laws in areas where accidents occur most frequently.



Thinking Slim

BY JEAN NIDETCH

Ah, youth. It can be absolutely disheartening.

Do you doubt me? Well, think about what a fat child experiences, surrounded by children who don't have a weight problem.

Take my young friend, Melissa, for example. She's 14 and until about six months ago, she was 40 pounds overweight.

"I hated school," she says. "I didn't like to do sports because I would get out of breath and I felt self-conscious when I ran. And I like boys, but they never seemed to like me. I was always the last one chosen to dance."

And, of course, there were children around who were not above making a hurtful remark to her now and then about her weight. In short, Melissa was the odd girl out. She spent much of her time alone at home, eating and watching television, because what else is there to do when you're a fat youngster?

Well, you can lose that harmful weight and lead a normal, healthy, active life. And that's exactly what Melissa has done, with the help of her family and the Weight Watchers program.

"My mother wanted to lose weight — she's kind of heavy — so she talked me into going to a Weight Watchers class with her. It wasn't easy at first, learn-

ing what to eat, but there is a lot you can have. And my mother made my lunches for me and it got easier to stay on the program. Going to the meetings and listening to adults talk about losing weight or not losing it made me feel better. Especially when I started to lose."

Melissa still has several pounds to go before she reaches goal weight, but she's where she wants to be as far as her life goes.

"I joined the basketball team," she says, "and I really love running around the court. I don't get out of breath anymore and sometimes I make a basket."

She doesn't have a boyfriend, yet — but there are two young men who make her life interesting. To sum it up, she's doing what other girls of 14 are doing — participating in life instead of watching it pass by.

If a youngster of 14 can accomplish that, what's to prevent you, my friend?

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Mike's Milk

NEW STORE IS



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(across from the Red & White Store)

PS controls Ratified

Public sector employees in Manitoba are now formally under the provisions of the Anti-Inflation Act, effective October 14, 1975. Legislation covering these employees received royal assent in the Manitoba Legislature December 8, 1977.

The Manitoba government placed the public sector employees under the Anti-Inflation guidelines in the fall of 1975 by cabinet decree. This decree was subsequently challenged in the courts and ruled invalid.

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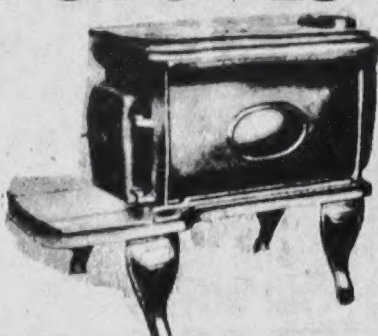
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See you later, radiator?

by Richard Charles

If you want to keep your home heating system working for you, don't turn your back on it during the off-season, and then cross your fingers and hope it behaves itself when the cold weather comes back.

This advice applies as much to the old-tried-and-true heating system with hot-water or steam radiators as to a more modern electronic marvel. In fact, you may not be aware of any trouble, and yet by letting heat go to waste before or after it reaches the radiator. It's never too soon to check over the system and take some simple precautions against waste. But, of course, you need to keep an eye on it in winter too.

With hot-water heating, the water is pumped through tubes in a furnace, where it is heated to a maximum of 82°C (180°F), and then piped to radiators throughout the home. The water cools in the radiators and then returns to the pump and starts again.

An expansion tank and relief valve keep the water pressure from going too high. Another valve prevents the flow of water when the circulating pump stops.

Here are some points to watch in getting the best from hot-water heating.

Make sure that there's an air space in the expansion tank (see the operator's manual or ask a heating expert).

Insulate the water pipes leading to and from the furnace, especially where they pass through areas that don't need heat.

Keep up the water levels throughout the system; check the water-level gauge on the furnace before you start up in the fall.

Let any air out of the system (while it is running) by opening the vent on each radiator in turn, but close the vent as soon as water starts to spurt out.

Keep radiators clean, and don't block them off from the room with furniture or drapes.

When painting radiators, use a matte or satin finish, not metallic paints or glossy light colours.

Use a reflector, such as aluminum foil, on the wall behind the radiator to direct heat into the room.

The steam heat system is similar in some ways, but in this case the water is heated to 100°C (212°F) in a boiler. The steam from this boiling water then rises of its own accord through pipes to the radiators. When it cools and condenses, the water returns to the boiler by gravity.

You can help the system to stay in good working order in the following ways.

Flush and clean out the boiler once a month during the heating season.

Keep the water at the manufacturer's recommended level. Too much water makes the boiler less efficient, and too little makes the heating unit shut off.

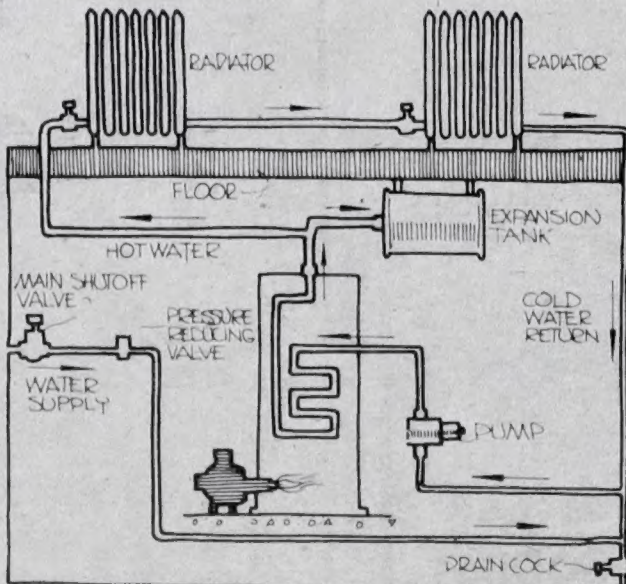
Look for leaks at the joints, where steam and heat can escape.

Insulate pipes as you would with hot-water heating.

Check the radiators. If there's a cold one, look for faults in air valves or vents in the system.

Take care of steam radiators in the same way as hot-water radiators.

If you want to know more about keeping your home warm in winter, including the use of hot-water or steam heat, write to Box 3500, Station C, Ottawa, Ontario, K1Y 4G1, for a copy of 100 ways to save energy and money in the home. It comes from the Office of Energy Conservation, Department of Energy, Mines and Resources.



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Bantam Champions

Jadek Sport Bantams from Minden, OMHA Division 'D' league champions for 1978. Left to right, back row, manager Al Arbuthnot, equipment manager Patrick Waite, Brett Austen, Ronnie Yake, Harold Porter, Scott Arbuthnot, Shawn Chapman, Dave Lennie, Jeff Milburn and coach Dave Waite. Front row, l-r, Kevin Shapiera, Ricky Beeney, Stanley Baker, Terry Crowe, Ivan Ingram and Brent (Spike) Moxam.

Hunting and Fishing vacation made easy with '78 directory

Planning a fishing or hunting vacation in Ontario has been streamlined for the uninitiated thanks to an updated guide produced by the Ontario Ministry of Industry and Tourism.

Entitled Fishing & Hunting in Ontario/Canada 1978, the publication lists accommodation, guides, fly-in services, package deals and equipment suggestions for outdoor enthusiasts in an attractively illustrated format complete with color pictures.

Also included are maps indicating the best areas for hunting or fishing moose, bear, deer and 12 species of fish and information on licencing and current regulations.

Additional references to information sources such as the Ontario Ministry of Industry and Tourism are listed. For a copy of the new guide, contact: Ontario Travel, Queen's Park, Toronto, Ontario M7A 2E5.

Ingoldsby jumps to series lead

CARNARVON — Ingoldsby came up with a 15 pt. evening on Wednesday in the Men's Commercial league and has jumped into a four pt. lead over the Rockcliffe Hotel. Sitting third with 23 pts. is Peterborough Lumber and another three points back is NorPhoto.

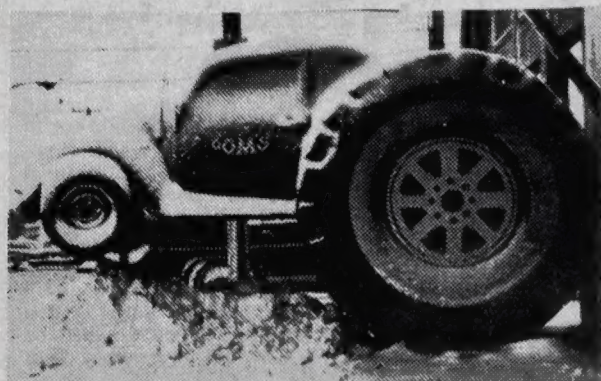
Ian Coltman of Rockcliffe Hotel had the top triple of the evening with 741 on singles of 199, 339, 203. Don Hicks of Ingoldsby was next with 734, Ken Thompson rolled 714, Graham Brown had 713. Some other top scores went to Ron Robinson Sr. 285, Pat Clarke 268, 249 and Wes Stata 276 all of Minden Progress.

SUSAN BALLANTYNE, JIMMY MASTERS HEADED FOR MASTER BANTAM TOURNEY

For the past two weeks in the Carnarvon Lanes YBC Program, the Bantam Division has been involved in a two week rolloff to see which boy and which girl will join master teaching coach, Ron Robinson, Sr. at the Master Bantam Bowling tournament later in March.

Susan Ballantyne has won the honour among the girls with a four game block of 460. Second was Lisa Raby with 439 and third was Peggy Conway with 436.

Jimmy Masters came up big for the boys, rolling 591 for four games. Second was Richard Beers with 466 and third went to Eric Johnson with 442.



MOTORISTS' DREAM of unstoppable wheels really is a tire dealer's creation in Pittsburgh, Pa. Looking ideal for heavy snow and ice on roads is the combination of a Volkswagen fitted with a tractor tire.

Arrowhead Park open days

Arrowhead Provincial Park has been re-opened to the public for the current season, but featuring day-use activities only.

Located on Highway 11 four miles north of Huntsville, Arrowhead Park will continue to provide cross-country ski trials, skating, tobogganing, snow-shoeing, and ice fishing.

"Due to low camper demand, however, winter camping has been discontinued this year", Natural Resources District Manager, Ralph Tippet stated today in Bracebridge.

Tippet cited the high per capita costs of heating, electrical power, and road maintenance for a small and declining clientele as the principal factors in the decision, adding that local campground operators might offer alternative accommodations.

Milk Production Too high

The average Canadian consumes about 11 pounds of butter annually. The amount of industrial milk required to produce this amount of butter yields 22 pounds of powdered skim milk, 16 pounds more than most Canadians want.

The problem: what to do with all that unwanted skim milk powder? The solution is for the Canadian Dairy Commission (CDC) to sell it on the international market as animal feed but the going price causes a loss of approximately 50 cents per pound. These losses have to be covered by levies against dairy farmers' milk payments. The CDC estimates the 1977-78 loss at \$140 million, of which \$125 million will be collected from farmers' levies. The balance will come from the federal government.

Largest Borrowers

A recent report by Morgan Guaranty Trust Co. of New York indicates that Canada remained the largest single borrowing country in 1977, with \$8.5 billion in new international debt. The loan figure, representing international bond issues and medium term Eurocurrency bank credits, was down from a record \$10.2 billion in 1976. Canada was the largest customer for Eurocurrency bank credits (ahead of France); the largest source of foreign bond issues in the U.S. (ahead of Japan); and the largest borrower in non-U.S. markets (ahead of Britain).

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THE 1978

Haliburton Highland's Majorettes

Baton Twirling Lessons

ARE BEGINNING IN YOUR AREA NOW!

Thursday, March 2 in Haliburton from 6-8 pm at the Haliburton High School Gym;

Saturday, March 4 in Minden from 10-12 am at the Archie Stouffer School Gym;

Saturday, March 4 in West Guilford from 1-3 pm at the West Guilford Centre.

Parades — Contests — Awards
NOVELTY BATONS FOR SENIOR GIRLS

Will take Girls 4 years of age and up (no limit).

REASONABLE RATES — — — FAMILY RATES

CONTACT:

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LAST OF A SERIES

Fitness, exercise, your heart

To warm up the atmosphere on a cold winter evening, all that's necessary is to gather a few friends together and turn the conversation to the subject of physical fitness and exercise and their relationship to heart disease. Within seconds body temperatures rise and blood circulation speeds up as the pros and cons are delivered with authority by instant experts. Case histories of people running in marathons after recovery from heart attack are matched with those of neighbours who dropped dead jogging or lived to ninety years of age with no other exercise than stooping to tie shoe laces or walking to and from the family car.

What are the facts of the matter

Our physical fitness, or lack of it, is usually described in terms of ability to perform some type of physical exercise in relation to an ideal or standard. However, during exercise, the heart is responsible for carrying blood containing oxygen and nutrients to those tissues performing the work and returning the waste products for elimination. Inasmuch as we spend the major part of our lives, whether at work or play, in performing some physical effort, it is obvious that the heart is a vital organ in meeting the demands of whatever exercise is undertaken.

A healthy heart may limit physical exercise if it is not used to heavy work and, if the heart is diseased, it may be unable to meet demands of modest exercise. By exercise, the heart can improve its ability to perform prolonged work without difficulty. In the absence of heart disease, properly graduated training will not harm the heart and except in some "super-human" marathon effort or competitive athletics, there is no fear of taxing the heart through exercise.

Controversy arises, however, when one asks the question, "Will exercise prevent heart disease?" Hardening of the arteries, particularly the heart's own coronary arteries, starts at an early age and is extremely complex, varying markedly in individuals. There is some encouraging evidence that deaths due to heart attack or coronary artery disease are less frequent in people who exercise regularly and that recovery is better and more rapid, but there is no good evidence that hardening of the arteries can be eliminated by exercise.

Whether or not exercise or physical fitness will prevent heart attacks, there is no doubt of the benefits to be gained from them. The improved feeling of physical and emotional well-being, better carriage and appearance, the relief from boredom, the escape from tension and the satisfaction of accomplishment are all benefits to be obtained from a well-planned, enjoyable, recreation exercise programme.

Enthusiasm for a sudden plunge into exercise should be tempered by some sober facts. Many adults with coronary heart disease exhibit no symptoms when the heart is not called upon to perform heavy work. Thus we may hear of people whose heart attack may

Advanced resort signs go up

TORONTO—New symbolized resort signs will be erected on Ontario highways announced Minister of Transportation and Communications James Snow.

Signs will be erected in advance of the road leading to a resort as a service to the motoring public. The new signs will display universal symbols for available facilities.

"Advanced resort signs were introduced to give campers and tourists information about the resort ahead and prepare them to exit safely", said Snow.

Symbols to distinguish alpine skiing from cross-country skiing will be used. New symbols for fishing and hunting will join the familiar symbols for accommodation, food and camping.

The name of the resort and its distance will also appear on the resort signs. Snow added, "Resorts will pay a portion of the cost for the erection of signs and an annual maintenance fee".

Glance at the economy

Consumer Spending: Mulholland, Bank of Montreal, said that Canadians are choosing to save at record levels and the growth in personal spending in 1977 has been at the lowest rate since 1970. Grant, Wood Gundy, said he did not expect Canada's high savings rate to fall significantly in 1978 despite projected 11 per cent increases in total and personal disposable income. He predicted a 4 per cent increase in

real consumption after allowing for inflation. Bederman, Canada Permanent Mortgage Corporation, also estimated a 4 per cent increase.

Value of the Canadian dollar: The Canadian dollar could rise to 94 cents (US) in 1978 according to Eric Kirzner, professor of political economics at the University of Toronto. Grant, Wood Gundy, predicted a rise to 92 cents.

have been precipitated by sudden, unaccustomed heavy exertion, such as shovelling after the first snowfall. Doctors commonly use carefully graded exercise to demonstrate electrocardiographic evidence of coronary heart disease. They may also measure the ability of the heart to function with other tests. Sometimes this is the only way in which heart disease may be revealed.

The message is clear. Before undertaking any exercise programme, check with your doctor. Your course of exercise should be planned and supervised by someone who is able to gauge the response and capacity of the heart and circulation system. The best exercises are those which use the main muscle groups of the body and increase stamina.

It is not necessary to invest in expensive equipment or a sophisticated programme of complex exercises. The sadly-neglected art of brisk walking is extremely beneficial and lends itself to a graduated programme of increasing effort very easily.

Your Heart Foundation strongly recommends appropriate physical exercise, starting at a level low enough for your heart to meet and to be increased in severity slowly, in accordance with your doctor's advice. Remember, exercise four times a week is usually necessary to achieve any benefit.

For further information on fitness and exercise, contact your provincial Heart Foundation.

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- ★ Excellent Privacy;
- ★ Hydro Services on property.

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The Highlands Express

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Telephone: 489-2036

BOB MANN, Publisher

CLIFF BURKE, News Editor

Every effort will be made to see all advertising copy, neatly presented, is correctly printed. The publisher assumes no financial responsibility for typographical errors in advertising, but will gladly reprint without charge that part of an advertisement in which an error may occur provided a claim is made within five days of publication.

Also the publisher takes no responsibility for statements or claims made in any advertisement and will, upon written request, reveal the name and address of person or persons responsible for placing any display advertisement, political or otherwise, except for "blind" box advertisements.

Newspaper Advertising

makes things clear.

CANADIAN ADVERTISING ADVISORY BOARD

Remove Huts On Scugog By March 15

Ice fishermen on Lake Scugog will be required to remove their huts on or before March 15 this year instead of March 31 as in previous years.

The Ministry of Natural Resources announced the change last week because unsafe conditions during the latter two weeks of March have caused fishermen many problems when trying to move their huts in heavy slush or when the ice is covered with water.

The Ministry asks that fishermen do their part to keep the lake free from unsightly and potentially hazardous debris.

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Evenings 489-2667

FOR SALE: Cassette player for vehicle. Never used, 286 1105.

FOR SALE: Boys' hockey equipment, helmet, shoulder pads, knee pads, elbow pads, gloves, pants and shirt all like new. One pair of skates size 2, one pair of girl's skates, size 3. Call 754-2040.

FOR SALE: 1973 Moto-Ski 440 Capri, original owner, low mileage, back rest and carrier. Call 286-1105.

1973 440 Snow Jet snowmobile. 2500 original miles — sliders and widetrack. Call 286-1079. (6c)

FOR SALE: 1975 Olympic 300 Ski-doo, like new and a 1972 340 TNT. Call 286-2082 after 5 pm. (6c)

FOR SALE: Dual 1225 turn table; Marantz 1120 integrated stereo amplifier, 60 watts per channel RMS; Integral EPI power amplifier boosts power to 150 watts per channel RMS; and four Cerwin vega speakers. Above items will be sold individually or as a package. Suitable for DJ work. Call 286-1105.

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■ Trade-ins accepted.

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FOR SALE

20" colour TV by Hitachi, Panasonic and Quasar — your choice, full warranty three years on parts, labour, picture tube, while they last \$499.95, trade-ins not necessary.

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Ask Alma

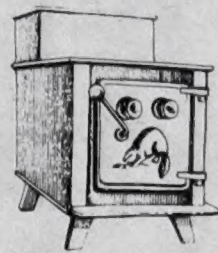
Dear Alma, I am a recent divorcee who is now seriously involved with a certain lady and am sort of considering marriage. However, after my first marriage, I am chicken. I mean, I don't want to make the same mistake twice. How do second marriages work out? Is love lovelier the second time around? Chicken.

Dear Chicken, The most recent official census (1975) states that 44 per cent of second marriages end in divorce as compared to 38 per cent of first marriages. As with the proverbial glass of water, (half full if you are an optimist; half empty if you are a pessimist) the facts can be interpreted any way you like.

If you understand the problems that existed the first time around and are happier with your new love than without her, I encourage you... and wish you luck... and a lovelier marriage.

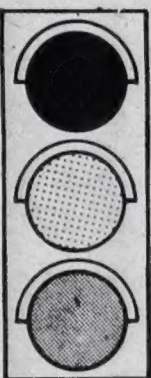
HAVE A QUESTION about yourself or people you know? Write to **ASK ALMA**, c/o this newspaper and watch for the answer in this column.

The Canadian Stepstove



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Jim Garbutt ENTERPRISES MINDEN 286-1843



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Samantha READS YOUR STARS

If you were born this week: Your moods may often swing to match those of the people you're with. If they're happy, you are; if they're depressed, you become depressed, too. Keep this in mind as you choose friends and close associates. A sensitive and compassionate nature are also yours.

ARIES (3-21 — 4-29): Romantic possibilities are accented, Aries, but watch your step. A lovers' triangle would present a stickier wicket than you think. Later, a choice to make, and tossing a coin is NOT the most intelligent way to decide it.

TAURUS (4-20 — 5-20): Practical Taurus, you let everyone see that your feet are firmly planted on the earth, but you let almost no one know the visions that are in your head. Don't deny them, sweetheart; work to make them come true.

GEMINI (5-21 — 6-20): You've been accused of being a con artist, Gem, because with your glib tongue, you could talk an Eskimo into buying an icebox. You're liable to meet your match this week. And, if you're not careful, YOU could end up with a warehouse of iceboxes. Days close with romantic tricks.

MOONCHILD (6-21 — 7-22): Compromising situation requires imaginative solution, Moonbeam. And one thing you DON'T want to compromise is your ethics. Listen to counsel of wise associates. Week comes to far-out finale with several surprises.

LEO (7-23 — 8-22): Creative endeavors are spotlighted, Leo. Others may want to get in on the act, but remember, YOU'RE the director. Later, you may be hearing 'promises, promises,' so don't count Cupid's chickens before they're hatched.

VIRGO (8-23 — 9-22): You'll bend over backwards to give others the benefit of the doubt, Virgo. Keep in mind, though, that if you go back too far, you're apt to slip a disc. Get yourself straight and take your stand, firmly. Week sashays on with an S, for sparkling, spotty and splashy.

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Curling Champions

Winners of the Southern Ontario Ladies Curling Association "Tankard" bonspiel, for the first time ever, are the above Minden Curling Club ladies team. Left to right: Hazel Maxwell lead, Pattie Prentice second, Gwen Cox missing, third, Toos Reid skip, Penny Obee skip, Dale Austin, third, Catharine Kellett, second and Eleanor Hall lead. These ladies now advance to the Inter-Divisional Play-downs to be held in Bracebridge on March 8th. Good luck ladies.



Family Physician BY DR. JAMES G. PRICE

A couple of months ago, I answered the question of a reader about some Department of Health, Education and Welfare proposed regulations which would have great impact — and perhaps even close — many rural hospitals. In that column, I suggested that interested readers write their elected legislators as well as HEW to protest these proposed regulations. You, the public, reacted and a remarkable thing happened. Not only did HEW voluntarily back down on their proposed regulations, but the Congress spontaneously passed a unanimous resolution condemning these proposals. This, my friends, is grassroots democracy at work. A senator from my state wrote that he received more mail on this issue than he had on anything since the Panama Canal controversy. My hat's off to you. And now to a couple of questions.

Q. How old do you have to be to get arthritis?
There's no set age at which arthritis appears

and I've seen a few cases where severe bone destruction occurred in children under six. Most of us tend to develop at least a little of the common "wear and tear" arthritis (osteoarthritis) somewhere around the age 50, but this form rarely cripples a person, is usually improved by aspirin or similar medication, and quite often serves to warn us of approaching changes in the weather.

Q. Can a teen-age girl

get treatment for V.D. or an abortion without her parent's consent?

In most states it is quite legal for a doctor to treat V.D. or perform an abortion without the consent of the girl's parents. However, since both of these problems are quite often a symptom of underlying psychological mixups for which the parents might be of real assistance, I believe that there is something to be said for involving understanding parents in the treatment of the problem. I know it may sound a little surprising to today's highschoolers, but believe it or not, your parents were your age once and are quite likely to understand the pressures, the feelings, and the temptations you're up against. It's even conceivable that your parents may have had some serious problems in their lives when they were your age, and therefore be much more understanding and sympathetic than you expect them to be.

As a doctor, I can tell you that it always makes me uneasy to be treating a teen-age patient of mine — whose parents are also my patients — without the parents' knowledge. Fulfilling my medical and moral obligations to both parties involved can be very difficult, and the best results for the family in the long haul seem to come when they're all working together to straighten things out.

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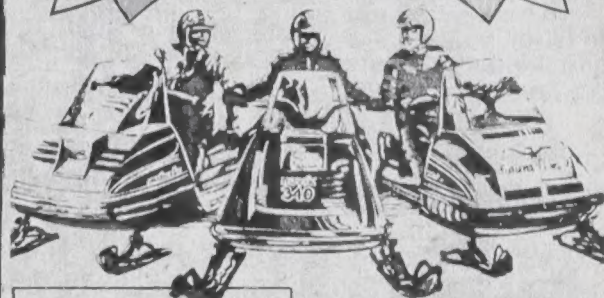
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